

# Labour Market News

CENTRAL ALBERTA

Government of Alberta

## JOB SEEKERS

## Health care aides

### A career with heart

Imagine a career where every day is a new opportunity to care for people in their homes. As a health care aide (HCA), there are ample opportunities to help patients recover from medical treatment at home, or to help people with disabilities live a fuller life without being institutionalized. Often, health care aides are able to ease the challenges of getting old, letting elderly patients stay in a comfortable environment for the longest time possible.

Moving from one house to the next as they care for their clients, HCAs now play a major role in patient care. "Health care aides are a fundamental part of the health system," explains Brenda Blom, a field supervisor with the Victorian Order of Nurses. "It is the front line that keeps people out of the hospital. And the role of HCAs is only going to get more important in the future. Hospitals are moving away from keeping patients in expensive beds, and instead are providing care in the comfort of their own home."

A greater need for home care services and an aging population are driving demand for health care aides. "There's a real need for health care aides right now," says Blom.

Being a health care aide and working in someone's home can be rewarding but it is also a job with enormous responsibilities. Not all patients smile.

*Continued on page 2*



*Health care aides often build friendly relationships with their clients.*



*When the home becomes a workplace, safety is still an issue.*

## EMPLOYERS

## Safe as houses

### Worker safety in the home

The law governing occupational health and safety issues in the home is a little muddy.

Usually, employers follow the rules laid out in Alberta's Occupational Health and Safety Act. But if you are a home owner employing someone directly to mow your lawn, clean the house or help with medical care, it's a different story.

"As a home owner you are not required to meet the requirements of the Occupational Health and Safety Act," explains Chris Chodan, communication officer for Alberta Employment and Immigration. But law or no law, the rules of common sense are always in force.

"If you are smart about safety you should do a lot more than the minimum requirements in the legislation, and that includes home owners," says Chodan. "It's a lot easier for everyone to simply prevent an injury, and it's an awful lot less work."

Most employers have far more resources at hand to handle occupational health and safety issues than any homeowner has, but three simple rules can lead to a much safer environment for workers in your home:

- know what the safety issues are
- minimize the risk
- make sure anyone working in your home understands the issues, and is properly trained for the job.

*Continued on page 8*

*See page 7 for a related Best Practice story.*

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## NEXT ISSUE...

**Entry-level jobs**

## JOB SEEKER FEATURE STORY

# Home care careers

*Continued from page 1*

Because of diseases such as dementia and Alzheimer's, patients may not know what they are doing and may act out at times. HCAs have to be able to handle difficult patients, and sometimes difficult families.

The job can also be quite physical. HCAs have to lift and move patients on their own. The risk of a back injury is high, and HCAs need to know the right techniques for moving patients. They also need to know basic medical procedures and understand how medications work.

## Certification is now the rule

HCAs used to learn what they needed on the job. Today, HCAs have to be certified before they start. It takes about six months of full-time school to be certified, and in some programs the last half is spent learning while working as a health care aide. "You learn basic nursing skills and basic medical knowledge about anatomy, physiology and pharmacology," says Blom.

For many health care aides, HCA training is just the start to a long career in health care. "A lot of the younger HCAs use the job as a bridging process to go into the more advanced nursing careers," Blom says. "They will take the HCA course then take the training to become a licensed practical nurse, and later on become a registered nurse (see page 3). That opportunity wasn't available until recently when accreditation was introduced. Immigrants are also using HCA positions as stepping stone to move into positions they once had in their home countries."

## Employers

Health care aides are hired by a variety of employers, including Alberta Health Services (see their website at [albertahealthservices.ca](http://albertahealthservices.ca) and click on 'Careers'). But when it comes to helping people in their homes, the largest employers are home care providers like the Victoria Order of Nurses (VON). This non-profit delivers home care directly to patients across Canada. Many other providers are companies that make a profit delivering care.

"Nurses will do an assessment of a patient, and then they develop a care plan for the service providers like VON. Then they provide the care," explains Blom.

## RESOURCES

- ✓ Health care aides sometimes belong to the Health Sciences Association of Alberta (HSAA). But even if they don't, HSAA's website ([hsaa.ca](http://hsaa.ca)) offers up to date information about the field, courses and jobs.
- ✓ Alberta Health Services is the new organization overseeing public health care in Alberta. Its website ([albertahealthservices.ca](http://albertahealthservices.ca)) offers a list of the services available, and the job board has listings of positions throughout the province.

## Another word for 'caring'

Job seekers looking for work as a health care aide (HCA) should remember this job has many names. If you work in people's homes, HCAs are often called home care aides. If you work specifically with the very old, an HCA is called a geriatric health aide. Other names include: caregiver, client care attendant, geriatric health aide, health care assistant, home support worker, medical assistant, nursing assistant, personal care attendant and residential aide.

## The costs and benefits of being an HCA

If there is one issue with being an HCA, it is the pay. "It is not a well paying job," says Blom. "You do it because you love the work." Often HCAs start at about \$11 to \$15 an hour. On the other hand, one of the bonuses of this job is a flexible schedule.

The demand for home care is high and HCAs can find opportunities that fit their schedules. Each visit to a client takes about an hour. Some are longer, but even then, an HCA can often choose when they want to work. "Different providers have different employment opportunities," says Blom. "Some providers offer full-time employment, but most are like our organization where the majority are casual employees. Because it is casual employment it gives you the opportunity to go to school on a part-time basis, stay in your field, and still make a decent living."

## Transportation

Because HCAs work with people in their homes, transportation is an important consideration. Sometimes the provider has clients who live close by, and an HCA can move from client to client by walking or by bus. "We have staff who will only take specific clients that are close to their home," says Blom. More commonly, HCAs use cars. Having a vehicle is very helpful for many HCAs, opening up more options for scheduling and better hours, and for HCAs in rural areas it is often a must.

## Requirements for the job

As the home care manager for VON, Blom plays a role in hiring HCAs and has a very good idea what she is looking for when she looks at resumé. "I am looking for a graduate of one of the accredited colleges. That's a prerequisite," says Blom. "I'm looking for people with the same language base as clients. Previous experience in care is helpful."

## Why do it

Blom is the first to admit being an HCA is not an easy job. It requires independent workers with good training. But it is a job with profound rewards. "This is a noble profession," she says. "It is a giving and caring profession."

# Careers in health

## A few of the many choices

# Careers

TO CONSIDER

*Health care aides are an important part of the health system and are expected to become even more important as the population ages and hospitals try to treat more people in the comfort of their own home. Many health care aides value this role and go on to develop their career by becoming licensed practical nurses or registered nurses.*

### LICENSED PRACTICAL NURSE—LPN (NOC 3233)

Nurses are the backbone of the health system. Nurses are usually the first health care professionals that patients meet when entering the hospital, and they often have the most direct contact with patients during their hospital stay. They administer most of the medications, monitor health symptoms, and watch over the wards 24 hours a day. In Alberta, there are two types of nurses in the health care system: licensed practical nurses (LPN) and registered nurses (RN). Licensed practical nurses (LPN's) provide care for individuals, families and groups in a variety of health care settings. LPNs work in hospitals, continuing care facilities and community care, physicians' offices and schools. They provide direct patient care and nursing interventions, and ensure continuity of care by working with other health care team members. Licensed practical nurses need to be caring, skilled health care workers, with good communications skills. LPNs work in a high-tech environment and life-long learning is part of the job. LPNs should also have strong problem solving skills. Because LPNs work directly with patients in situations that can be tense, LPNs need to be great communicators and able to handle people well.

**Training:** In Alberta, LPNs must be graduates of an approved practical nursing education program or have equivalent training.

**Wages:** According to the 2007 Alberta Wage and Salary Survey, Albertans in the Licensed Practical Nurses occupational group working part-time or full-time earned from \$31,900 to \$46,100 a year. The average salary was \$39,500 a year.



### REGISTERED NURSE—RN (NOC 3152)

Registered nurses provide professional nursing services for individuals, families, communities and groups in a variety of settings.

Nurses work with a wide variety of people, and have the option of specializing in different areas such as newborns, children, elderly patients, or individuals with chronic mental or physical health problems.

People working as nurses need to be adaptable and able to manage changing priorities. Good communication skills are important, as some patients may be unable to communicate easily.

Problem-solving skills, the ability to work independently, and a desire to care for others is important. Nurses often work in teams with LPNs, health care aides, doctors and others. With a strong working knowledge of medicine, and excellent training, RNs often have a senior role to play in health centres supervising other staff, and organizing treatment plans.

Increasingly, nurses are employed in community and workplace settings as well as traditional health care settings.

Being a nurse is a demanding job, both physically and emotionally.

**Training:** In Alberta, registered nurses require a diploma or bachelor's degree in nursing. As of January 1, 2010 a bachelor's degree in nursing will be required and diploma programs are currently being phased out.

**Wages:** According to the 2007 Alberta Wage and Salary Survey, Albertans in the Registered Nurses occupational group working part-time or full-time earned from \$37,800 to \$90,900 a year. The average salary was \$66,000 a year.



## WHAT IS IT LIKE TO BE A ...

## Health care aide

**How did you start in this career?**

I started in Saskatoon, where I worked in a nursing home for about 10 years in housekeeping. While I was working there, I took my special care aide training, which is the equivalent of a health care aide's training in Alberta.

**What do you enjoy about your job?**

I enjoy so many things about my job. I like the one-on-one with patients, and the feeling that you are making a difference in someone's life. I think it is extremely important for people to stay at home as long as possible, especially the elderly, and that's something I can help make happen. A big part of it is you feel you make a difference in the world.

**What are some of the challenges of your job?**

You are going into someone's home, and sometimes that is difficult. My idea of how a home is set up is not always how someone else thinks it should be set up. Another challenge can be families. They may not fully understand the reality when people have Alzheimer's or when dementia is present. Sometimes families don't realize the extent of the illness and want the client to do more for themselves when it's not always feasible. There is also a fine line between you and the client. Most of the time when you get to know a client a friendship builds, but they are not your friend. They are your client. But if something's not going well in their life that affects you on a personal level.

**Has the economic slowdown affected your industry?**

People always need a hand. There is always a need for home care, even if you are just giving the primary caregiver a break.

**How does your job affect your lifestyle?**

I am really lucky because I have a set schedule and a set number of clients I see. If I have extra time I can jump in somewhere else. That's one of the reasons I chose to do home care rather than going back to a nursing home. I like to get my children to



*Red Deer health care aide Lynda Ellis finds a special reward in her career. "I love being able to help people. You need that in this line of work."*

school and get them home at the end of the day. It's a huge bonus to me. A lot of people choose to work evening shifts or even split shifts where you can fill up your schedule and work an eight hour day without disrupting your day. That is a bonus.

**What are your future career goals?**

At this point, this is very convenient for me and I am enjoying it. But I would like to see health care aides recognized more for what they do. Being at home is so much better for someone's health and their life.

**What advice would you give to someone looking at this career?**

Part if me wants to say follow your heart, you can help people live a better life. And part of me wants to say focus on health care principles like nutrition. There's so much that is a natural ability as a care giver, and so much of it needs to be trained.

## CAREER PROFILE

**Lynda Ellis**

Ellis started her career as a housekeeper at a Saskatchewan nursing home. But she wanted something a little more personal. "I was looking for more one-on-one experience with the patients," says Ellis, who took Saskatchewan's aide training while working.

After moving to Alberta, Ellis started working at Tim Horton's. The pay wasn't bad, the hours were flexible and there were benefits. But health care was her calling and she soon found a way to match her schedule to a career in health care, with WE Care. "There are very few places where you can go and say 'I'd like to work 8:30 to 3:30.' I can do that here."

**Working as a HEALTH CARE AIDE (NOC 3413)****Wages**

Pay for health care aides starts at \$11 to \$15 an hour. According to the 2007 Alberta Wage and Salary Survey, the average wage for health care aides in Alberta was \$15.21 an hour.

**Qualifications**

Alberta Health and Wellness has developed a standard curriculum for Health Care Aide training that is offered by post-secondary education institutions throughout the province. In Central Alberta, Red Deer College (rdc.ab.ca) is one option.

**Hiring tips**

There are quite a few home care providers in Central Alberta and many are hiring. The Yellow Pages has listings for home care providers under 'family services and care,' and quite a few have websites where they post job ads. You can also read two-page profiles of several employers at [employment.alberta.ca/5056.html](http://employment.alberta.ca/5056.html). These Employer Connections profiles explain the work available at the company, and how to get it.



## TIPS FOR JOB SEEKERS

**work it out****Safety: When a home is the workplace****Health and safety issues when working in people's homes**

Every worker deserves a safe workplace. But when you are working in someone's home, it's more important than ever to rely on your own common sense, knowledge and training.

"In this case it really is about the worker looking out for themselves," says Kevin Flaherty, executive director with the Alberta Workers' Health Centre. "Unlike a more regular workplace you really do have to keep your wits about you. You have to be a critical observer of your workplace, be willing to ask questions, and maybe not do the job if it looks like it's unsafe."

**Stay Alert**

Staying alert to potential problems means assessing the workplace before getting into trouble: If you are lifting someone, make sure you can handle the weight. If you are starting a mower for the first time, make sure it is in good condition, and make sure you know how to use the equipment.

**Get training**

The blades of a mower can shred a foot in a split second. They are not machines to take chances with. Handling them properly takes some skill and knowledge, and training is something everyone should have before they work in someone's home, even when the job looks very simple.

If you are working casually for someone, take the time to make sure you know your job and your equipment, whether it's a mower or cleaning chemicals. If that means taking a course, take it. If that means reading the owner's manual, sit down and read it. "A lot of people think they know what they're doing," says Flaherty. "But often they've learned it from someone who's been doing it all wrong."

Consider taking a First Aid course. "I would make sure you had a First Aid course if you are going into someone's home," says Flaherty. You might be the only person there able to respond to a problem.

Staying alert can reduce the chance of an accident drastically. But sometimes, mistakes are made. And if something does happen, help better be close at hand.

**Stay in contact**

Working in someone's home often means working alone or with someone who may not be able to help you when things go wrong.

Like camping in the wilderness, it's important that someone knows where you are and when you should be back. Cell phones can help, but batteries can run out, or an accident may mean you are unable to reach the phone. A better solution might be to get some help.

"If you can buddy up with a friend you can get the job done more quickly, but you can also stay safe while you are doing it," says Flaherty. "Working with someone prevents a lot of problems."

Either way, anyone working alone needs to be double sure they have quick and reliable communication.

**Do your home work**

The laws that govern most employers when it comes to safety in the workplace do not apply for homeowners hiring casual workers. But that doesn't mean the rules can't be an important guide.

"Even if you aren't covered by the law, read some of the codes and information on the Government of Alberta's website. It has great information on different hazards like ladders," says Flaherty. "Seriously, do your homework and search the Internet for the safety issues you will face. There are sources on the Internet that weren't there 10 years ago, and they will help keep you safe."

**Safety resources**

\* The Government of Alberta publishes dozens of guides on how to work safely. These short tip sheets explain everything from working nights safely to how to paint. View the list and links to the guides at [employment.alberta.ca/SFW/136.html](http://employment.alberta.ca/SFW/136.html).

\* It isn't even Canadian, but another excellent guide for working safely in someone's home is the Victorian Home Care Industry Occupational Health and Safety Guide. The guide looks at some of the common jobs people do in homes and lists the risks, solutions and who is usually responsible. The best way to find the guide is to do an Internet search for the guide's name.

**COMING EVENTS IN CENTRAL ALBERTA****Central Alberta Job Fair**

Wednesday, September 23  
9:30 a.m. - 6 p.m.  
Westerner Park  
Red Deer

Hundreds of Jobs • Free Parking • Free Admission • Door Prizes

The annual fall Central Alberta Job Fair is a chance to meet and talk to employers from industries ranging from retail to manufacturing. To make the most of this job fair, and others, see the tips on the next page. For more information about the job fair visit [employment.alberta.ca/central-jobfairs](http://employment.alberta.ca/central-jobfairs).

## JOB SEEKERS

## Tips for making the most of the job fair

Job fairs like the Central Alberta Job Fair (see previous page) are one of the fastest ways to meet and speak directly with the people making hiring decisions. "When I see people at a job fair, it makes a huge difference," says Evan Edbom, human resource officer with South Rock Ltd. "I remember exactly what people have to say. And if they're outstanding, I will make a note of that right away. But if you come dragging your butt in and acting like a slob, I remember that too."

Making a good first impression at a job fair can fast track your application, even before you have an interview, and here are a few tips that can help.

✓ **Go early**

The last job fair in Red Deer attracted over 3,000 job seekers. If you can talk to HR staff before they are exhausted, it helps.

✓ **Dress appropriately**

You don't have to wear suit and tie to a job fair, but you do have to dress well. Treat job fairs as a series of interviews.

✓ **Get a good sleep**

Job fairs are gruelling. They are busy, they are tiring and you will have a lot of talking to do. Be well-rested.

✓ **Be polite**

Always be on your best behaviour. If you are rude to another job seeker in a line, it could easily be noticed. When you talk to company representatives, smile, look them in the eyes and be courteous and professional.

✓ **Network**

You may be in competition with other job seekers, but don't let that blind you to the value of cooperation. Job fairs are great opportunities to share information with other job seekers as you are waiting in line or having coffee.

✓ **Be ready for an interview**

Job fairs are really a series of quick mini-interviews. So treat every conversation like an interview. Try to know as much about the company as possible—booths are usually stacked with information. Show enthusiasm, and *never ever* say, "I'm just looking for any job," when a company representative asks why you are interested in a job with their company.

✓ **Get contact information**

It's important to collect and keep contact information. Asking for a business card is one easy and fast method. You should also take notes. If you can remember people or a conversation from the job fair during a follow-up interview, it looks great.

✓ **Leave contact information**

At a job fair you will need copies of your resumé (clean, unfolded copies). But you might also want to consider leaving your card.

✓ **Follow up**

A job fair is a great place to meet employers, but it's important to keep up the effort. There are a lot of people looking for work right now, and employers have tons of resumé to look through. If you remind them later about your application, they may take a closer look at it.

## How to use the Job Bank

Internet job boards like the Job Bank ([jobbank.gc.ca](http://jobbank.gc.ca)) are powerful tools. With a few clicks, a job hunter can search any region of Canada for a particular job category, and even search for employers who've posted ads in the past. The Job Bank also has advice on writing a resumé, tips for the job search, advice for finding unadvertised positions, information on self-employment, and notes on finding work in non-profit organizations. With computers and the Internet, job hunters can even automate parts of their job hunt.

With **Job Alert**, any job that matches one of three possible profiles will be automatically emailed to users.

**Job Match** allows a user to create profiles that will be automatically shown to employers searching for new workers.

See page 9 for other job boards and job seeker resources.

### Meet employers in person: Connections

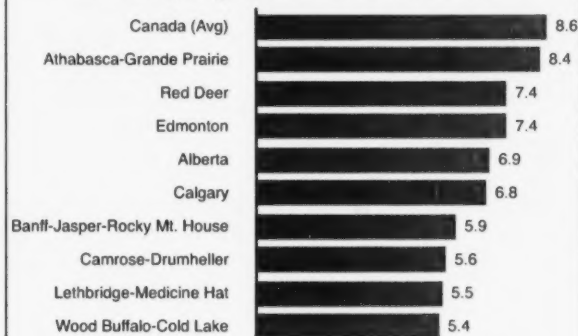
Once a week Red Deer's Labour Market Information Centre hosts Employer Connections, where a single employer is available to sit down and explain their labour needs. It's an opportunity for job seekers to speak directly with the people who can best explain a job and a career.

Find out about upcoming Employer Connections at [employment.alberta.ca/central](http://employment.alberta.ca/central) where there are links to two-page summaries of employers' presentations. This website also has useful information on upcoming job fairs and events, links to previous editions of the *Labour Market News*, and links to *Finding Work In ...*, a monthly publication giving practical advice about finding work in different industries.

### EMPLOYERS

For employers, the Job Bank offers a simple and free way of posting job ads right across the country, while the website's **Job Match** function allows employers to immediately search a database of resumé. The site also has hundreds of well-organized links and articles that explain every stage in the hiring process. To post a job ad visit [jobbank.gc.ca](http://jobbank.gc.ca).

### Unemployment at a Glance



Here is a sampling of the unemployment rates across Alberta, and for the entire country for July. Source: Statistics Canada.

# Safety at every step

**At VON safety is everyone's business**

**Best  
Practice**  
FOR EMPLOYERS

If anyone knows about Occupational Health and Safety (OHS) in the home, it's the Victorian Order of Nurses (VON). For over 110 years this non-profit organization has taken care of the elderly, the ill and recovering patients in the comfort of their own homes.

With decades of experience, VON has probably faced every OHS issue imaginable, and some of them had teeth.

Sandra Golding, VP and Chief of Practice, Western Region says aggressive pets in the home are one of the health and safety issues faced by home care aides working in people's homes. And that's just one of many.

Health care aides (HCA) working in homes face safety issues as they lift and move patients, move around on floors that can be slippery or wet, or when they deal with overly aggressive patients. Even tobacco smoke poses a health threat for HCAs, and it all must be dealt with by workers who most likely face the challenge alone and without much help.

"HCAs function in an environment where resources (such as lifting devices) and other care colleagues are usually not as close by as they are in a facility," says Golding. "Combined with the fact that the authority over the workplace rests with the client, it sometimes presents unique challenges to both the HCA and the employer regarding OHS risk mitigation."

While HCAs face the safety challenge of a difficult job alone, they are prepared. VON makes sure of that.

Training for OHS issues starts on day one during orientation, and never stops. "We ensure there is an OHS component in all VON core job descriptions and make sure every worker is aware of its contents," says Golding. "We also educate workers about VON's environment/risk assessment policy, and our procedures to help workers identify the risks in the workplace." For entry-level health care aides, having the tools to identify a risk and avoid accidents means a safer workplace. And VON plans to make sure workers at all levels never forget it.

"OHS is at the top of every regularly scheduled meeting



**"Occupational health and safety is at the top of every regularly scheduled meeting agenda at every level of the organization in all our sites throughout Canada."**



agenda at every level of the organization in all our sites throughout Canada," says Golding. In fact, VON expects management to play a major role in supporting safety on the frontline.

"We give workers the tools to recognize and identify risks, and encourage them to report actual or potential risks to management," says Golding. "Managers then act on the reports by working together with other parties to assess the situation and put risk elimination or control strategies in place. All together, the result is more effective risk reduction."

Training for the front line and support from management is a system-wide approach to safety that has helped VON keep its workers safe, and earned it the recognition of Accreditation Canada, a non-profit organization that promotes quality health.

"OHS is a priority at VON—right from VON Canada's Board of Directors to all levels of the organization, from the CEO and president, to the frontline worker," says Golding. "VON is very proud and passionate about its achievements in making OHS an integral part of its organizational culture."

## EMPLOYERS

## Safety at home

*Continued from page 1*

### Assess the risks

Even if you are hiring someone just to mow your lawn every few weeks, you should at least provide a safe working environment. And the first step is finding the problems.

A good way to check for issues in a workplace is simply walking through the worksite. Pretend you are actually doing the job. Ask yourself, is all the equipment in good order? Are there any obstacles or hidden dangers? Will the proper tools be available to do the job? Is there protective equipment available? After the walkthrough write it down. A written record will help a homeowner solve problems and help every worker on the site.

### Minimize the risk

With a good idea of the problems, the next step is to either get rid of them entirely or reduce the risk as much as possible.

"The best solution is to engineer out the problem," suggests Chodan. "If you have a stump in the ground where someone plans to mow, or nails, get rid of the hazard. If the hazard's gone then you don't have to worry anymore."

"The second best solution is administrative controls," says Chodan. "If there's an old piece of steel in ground, point it out. Tell the worker to stay away from it."

The final line of defence is personal protective

equipment, explains Chodan. "Give them some goggles to put on so if they hit something it will protect their vision."

In conjunction, mitigation measures can go a long way to creating a safe environment. "You can even have all three working at the same time," says Chodan. "You can remove as many problems as you can, avoid others, and have the last line of defence with personal protection equipment."

Identifying and solving safety issues is important, but they won't matter much if the workers aren't told.

### Communicate

"You could have the absolute best plan in the world but if that's not communicated to the workers, it is just a piece of paper," says Chodan.

Good communication with employees not only helps homeowners explain the issues in the workplace, it can reveal any gaps in training.

"It's a good idea to ask about training," says Chodan. "You want to find out if they are qualified to do the work in the first place. Even something as simple as a little help from a parent on how to use a lawn mower could prevent an injury."

Even if you are not legally responsible as a homeowner, workplace safety is still a responsibility that should be taken very seriously.

FOR A BEST PRACTICE STORY ON ENSURING WORKERS ARE SAFE EVEN WHEN THEY ARE WORKING IN SOMEONE'S HOME, SEE PAGE 7.

## EMPLOYER

## Resources

Both federal and provincial governments have practical programs to help meet the current needs of employers. Here are a few programs that can be of assistance to business.

### Information sources

The Labour Market Information page on the Alberta Employment and Immigration (E&I) website offers links to labour force statistics, forecasts, and wage and salary information. ([employment.alberta.ca/lmi](http://employment.alberta.ca/lmi))

- The Central Alberta Economic Partnership (CAEP) website ([centralalberta.ab.ca](http://centralalberta.ab.ca)) has hundreds of links to information sources and programs including:
- Support for Training Workers
- Wage Subsidy Programs
- Recruiting Employees
- Employment Services in Central Alberta
- Foreign Worker Employer Guide

### Seminars and networking

**Employer Connections** are held every Wednesday at the Labour Market Information Centre, 2nd Floor, First Red Deer Place, 4911-51 St. (across from the Provincial Building).

The meetings are an opportunity to meet job seekers, employment agencies and career counsellors.

Each week a single employer is showcased and presents their current job opportunities. To participate free of charge call 403-340-5353 and ask for a Business and Industry Liaison.

### Labour solutions

- Red Deer Aboriginal Employment Services. Ph. 403-358-7734
- Métis Employment Services. Ph. 403-342-6636
- Career Assistance Network ([rdcan.ca](http://rdcan.ca)) provides job search workshops, job board and assistance for job seekers. Ph. 403-341-7811
- Employment Placement Support Services supports Albertans with workplace training and enhanced employment services. Ph. 403-343-6249
- Employment Access offers employment programs for clients with disabilities. Ph. 403-341-2363
- DRES provides support and assistance to employers hiring people with disabilities. Contact the Canada-Alberta Service Centre in Red Deer. Ph. 403-340-5353

### Personalized help when needed

There are dozens of programs available to employers. E&I employees will visit the workplace and provide a summary of options and opportunities. For example, they can direct managers to initiatives that will help their business, and workforce adjustment teams are available to help employees find new work if they are laid off.

For more information call 403-340-5353 and ask for a Business and Industry Liaison.

### Sign up free: We're live and online

*In the News*, an electronic digest about regional business expansions, relocations and closures, and *Finding Work In*, which profiles different career opportunities, are available online at [employment.alberta.ca/central](http://employment.alberta.ca/central). A free subscription service will notify you by e-mail when the latest edition of each product comes out.

On the same web page there are *Labour Market News* products for Stettler, Wetaskiwin, Vermillion and Wainwright.



# JOB SEEKER Resources

There are many resources in the central region that can be helpful to job seekers and workers alike.

## Where to find us

This publication, In the News, (an electronic digest about regional business expansions, relocations and closures) and Finding Work In, which profiles different career opportunities, are available online at [employment.alberta.ca/central](http://employment.alberta.ca/central).

A free subscription service will notify you by e-mail when the latest edition of each product comes out.

## Job search and career websites

- [jobbank.gc.ca](http://jobbank.gc.ca) (Job listings, links and other services)
- [alis.gov.ab.ca](http://alis.gov.ab.ca) (Alberta Learning Information Service)
- [workopolis.ca](http://workopolis.ca) (Job listings)
- [monster.ca](http://monster.ca) (Job listings)
- [nextsteps.org](http://nextsteps.org) (Job resources for youth)
- [albertajobs.com](http://albertajobs.com) (Job listings)
- [hgcareers.com](http://hgcareers.com) (Job listings)
- [healthjobs.ab.ca](http://healthjobs.ab.ca) (Health care job listings)

## Job search and career information by phone

Alberta Career Information Hotline:  
1-800-661-3753

Fax: 780-422-0372 TDD: 780-422-5283

## Resumé review service

The Government of Alberta e-Resumé Review Service is a great way to have a resumé reviewed and improved, before sending it to employers.

To access the service, log on to [alis.gov.ab.ca/hotline/resume](http://alis.gov.ab.ca/hotline/resume) and follow the instructions to send your resumé for review.

The service is free to residents of Alberta and those seeking work in Alberta.

## Resources for labour market information

These websites offer a wealth of labour market information on Alberta and specific communities.

- [employment.alberta.ca/lmi](http://employment.alberta.ca/lmi) (Alberta Employment and Immigration)
- [alis.gov.ab.ca](http://alis.gov.ab.ca) (Alberta Learning Information Service)
- [albertafirst.com](http://albertafirst.com) (Business and economic information)
- [centralalberta.ab.ca](http://centralalberta.ab.ca) (Central Alberta Economic Partnership)

- [alis.gov.ab.ca/employment/lmi/alberta.asp](http://alis.gov.ab.ca/employment/lmi/alberta.asp) (Labour market information across Alberta)
- [labourmarketinformation.ca](http://labourmarketinformation.ca) (Service Canada)

## Seminars and networking

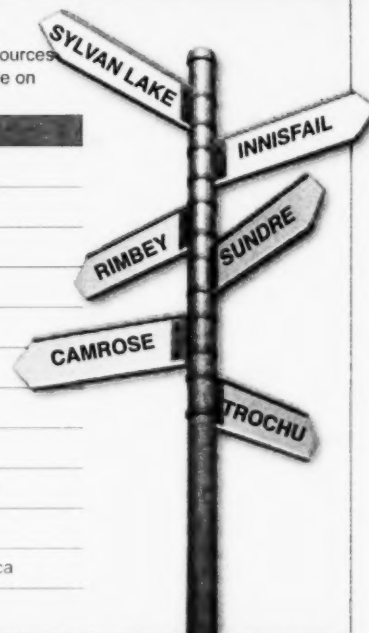
**Employer Connections** are held every Wednesday at the Labour Market Information Centre, 2nd Floor, First Red Deer Place, 4911-51 St. across from the Provincial Building.

The meetings are an opportunity to meet employers face to face.

## New to Central Alberta?

See past issues of the Labour Market News ([employment.alberta.ca/central](http://employment.alberta.ca/central)) for employment, social services, health care, transportation and other great resources available in your community. Information is also available on municipal websites (see links below).

| CITY / TOWN          | MONTH  |
|----------------------|--|
| Camrose              | <a href="http://camrose.com">camrose.com</a>                       |
| Didsbury             | <a href="http://didsbury.ca">didsbury.ca</a>                       |
| Drayton Valley       | <a href="http://draytonvalley.ca">draytonvalley.ca</a>             |
| Innisfail            | <a href="http://townofinnisfail.com">townofinnisfail.com</a>       |
| Lacombe              | <a href="http://lacombe.ca">lacombe.ca</a>                         |
| Olds                 | <a href="http://town.olds.ab.ca">town.olds.ab.ca</a>               |
| Ponoka               | <a href="http://ponoka.org">ponoka.org</a>                         |
| Red Deer             | <a href="http://reddeer.ca">reddeer.ca</a>                         |
| Rocky Mountain House | <a href="http://rockymtnhouse.com">rockymtnhouse.com</a>           |
| Stettler             | <a href="http://stettler.net">stettler.net</a>                     |
| Sylvan Lake          | <a href="http://town.sylvan-lake.ab.ca">town.sylvan-lake.ab.ca</a> |
| Wetaskiwin           | <a href="http://wetaskiwin.ca">wetaskiwin.ca</a>                   |



## LABOUR MARKET INFORMATION CENTRES

Labour Market Information Centres (LMIC's) provide information to help you make career, learning and work decisions. LMICs have books, magazines, newspapers, software and videos about employment-related topics.

There are LMIC's across Alberta. For a complete list, see:  
[employment.alberta.ca/lmic](http://employment.alberta.ca/lmic).

### LMIC's in Central Alberta:

#### Camrose Alberta Service Centre

3rd Flr., Gemini Centre, 6708 - 48 Ave.  
Ph. 780-608-2525

#### Drayton Valley Sub-Office

2nd Floor Provincial Building  
5136 - 51 Ave. Ph. 780-542-3134

#### Olds Alberta Service Centre

4905 - 50 Ave. Ph. 403-507-8060

#### Red Deer Canada-Alberta Service Centre

2nd Floor First Red Deer Place, 4911 - 51 St.  
Ph. 403-340-5353

#### Rocky Mountain House Alberta Service Centre, 4919 - 51 St. Ph. 403-845-8590

#### Stettler Alberta Service Centre 4835 - 50 St. Ph. 403-742-7586

#### Wetaskiwin Alberta Service Centre

1st Floor Macadil Building  
5201 - 51 Ave. Ph. 780-361-5878

#### Lloydminster LMIC

5016 - 48 St. Ph. 780-871-6445

#### Wainwright LMIC

810 - 14 Ave. Ph. 780-842-7500

#### Vermilion LMIC

4701 - 52 St. Ph. 780-853-8164

